



Adam's Army:

Community Guidelines

A Safe Place for Men to Heal, Speak Truth, and Reclaim Their Power After Betrayal

Welcome to **Adam's Army Online Brotherhood**, a private coaching membership and support community built exclusively and only for men who have experienced the devastation of partner betrayal. Whether you're newly reeling from the shock or deep in the trenches of rebuilding, this is your place to reconnect with yourself, reclaim your worth, and rise with the support of other men who understand what you're going through.

This Brotherhood is not about pretending you're fine or offering shallow inspiration. It's about real men showing up, telling the truth, and doing the work together. To keep this space strong, focused, and safe, we ask that all members honor the following core values and community expectations:

Core Brotherhood Values

- 1. Respect the Man Beside You:** Every man in this group is carrying his own pain. Show up with respect. We don't shame, mock, or tear each other down here. You don't have to agree with everything, but you do have to honor the space and the journey of your fellow brothers.
- 2. Be Real, Not Perfect:** This is not a performance. You don't have to pretend you're okay. Be raw. Be honest. Be yourself. We're here to grow, not impress. Healing starts when the mask comes off.
- 3. Ask Questions. Be Curious. Stay Open:** You're not here because you had all the answers. Let yourself learn. Ask what you don't know. Be open to challenge, change, and insight. Growth demands that we step out of the old and into something unfamiliar.
- 4. Show Up with Grit and Courage:** You've already been through hell. Now it's time to rebuild. That takes guts. Whether it's showing up to a call, asking a hard question, or telling the truth when it's easier to lie, every step forward matters. Lean into the discomfort. That's where strength is born.
- 5. Speak Truth with Respect:** Say what you need to say, but say it with intention. We don't sugarcoat here, but we don't weaponize honesty either. Speak your truth with clarity, strength, and purpose.
- 6. Honor the Brotherhood:** This space is built on trust. What's shared here stays here. Respect the privacy of others and protect the integrity of the group. This isn't just content, it's a connection.
- 7. Know When to Listen:** Sometimes support means saying nothing. Sometimes the best thing you can offer is silence and presence. Don't rush to fix, correct, or advise unless it's asked for. Listen more than you speak.
- 8. Choose Progress Over Perfection:** You will not get this healing thing "right" all the time. You will struggle, relapse, doubt yourself, and maybe even fall apart. That's okay. What matters is that you keep moving forward, one step at a time.

Community Expectations

To keep Adam's Army Online Brotherhood a space where real transformation happens, every member agrees to the following:

- **Confidentiality is Non-Negotiable:** What is shared in the Brotherhood stays in the Brotherhood. Do not share screenshots, conversations, or another man's story outside this group. Violations will result in immediate removal.

- **No Attacks or Toxic Behavior:** Venting is welcome. Disrespect is not. There is zero tolerance for personal attacks, name-calling, or aggressive behavior toward others or yourself. We do not degrade the betraying partner, nor do we tolerate sexism.
- **Respect Boundaries:** If a man shares a need, a limit, or a request, honor it. We don't push, pry, or pressure.
- **Ask Before You Advise:** Don't assume someone wants your advice. Ask first. Sometimes a man just needs to be heard, not "fixed."
- **Don't Diagnose or Coach:** Unless you're a licensed professional offering support with permission, refrain from diagnosing, pathologizing, or telling another man what's wrong with him.
- **Seek Professional Help When Needed:** This group provides support, tools, and brotherhood, but it is not a substitute for individual therapy. If you're in crisis or need deeper mental health care, reach out to a qualified professional. If you feel you are in crisis and a danger to yourself or someone else, call 911 immediately.

This Is Your Space, Protect It

Adam's Army Online Brotherhood is more than a program. It's a lifeline for men who have been gutted by betrayal and need a way back to themselves. By honoring these values, you help create a space where men can feel safe to speak, strong enough to grow, and supported enough not to give up.

This is your brotherhood. Show up for it. Protect it. Let it change you.

Violating the terms of this membership community may result in removal without refund.



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